

HIGH ADVENTURE

by Darlene R. Miller

The *HIGH ADVENTURE* program premiered in September to rave reviews from its charter members. The concept of personal freedom to choose from among a large selection of tapes from other Institute programs, and to be able to listen to them any time one chose, appealed to the freewheeling, adventuresome side of these participants. As one described it, "I like the idea of having a 'custom' program. After all the programs I have attended, it will be nice to pick and choose the 'experiences' I wish to target for my own personal growth." Another participant said at the beginning of the six-day intensive, "I have always wanted to do *GUIDELINES*® and re-do *LIFELINE*®, and this allows me to do both plus review some favorite tapes."

In order to take advantage of the enhancement effects of the group energy, the first full day of the program was spent with the entire group listening to and debriefing resets of Focuses 10,12,15, and 21 together. Each morning the group listened to a common tape and shared in group discussion. For the remainder of the day, participants chose tapes according to their own individual preferences. Evening entertainment included talks with Robert Monroe, sunset walks, movies, and a bonfire for toasting marshmallows, and most participants elected to do at least one or two additional tapes before going to sleep for the night. Participants averaged twenty optional tapes for the week, although one self-described tape junkie listened to thirty-two tapes on his own. Some of their comments follow:

1. "I loved the flexibility blended with the group tapes everyday, and the chance to do whatever felt good."
2. "The 'medium structure' aspect was helpful in moving toward group energy. The ability to personally control tapes in the unit was excellent, as I partially rewound tapes several times in order to aid a session that was still evolving as Bob started counting down."
3. "Absolutely wonderful staff—helpful, friendly, funny, tolerant, welcoming. TMI feels like a homecoming to me each time."
4. "Freedom to do any tape I wanted and good advice on the contents of tapes I did not remember or had not heard."

This charter group also offered many good suggestions for making *HIGH ADVENTURE* even better, which will be implemented into future programs.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1995 The Monroe Institute

